

SMART GOALS

Mrs. Melody, Mrs. Conoscenti, and Miss Eisenberg

Academic: Would You Rather?



- ☐ Would you rather get an A on a science quiz or an F on a science quiz?

Career: Would You Rather?



- ☐ Would you rather be a professor or a doctor?

Personal/Social: Would You Rather?



- Would you rather go to the movies with friends this weekend or would you rather have a sleepover with one friend?

What is a SMART Goal?

S

Specific: For example, instead of saying "My goal is to be a doctor," try "I will earn an M.D. degree by my 30th birthday." Be specific about what you want to accomplish and when you plan to finish.

M

Measurable: With a SMART goal, you can set up milestones along the way to measure your progress. If your goal is simply to get a degree, how will you know when you've reached the goal? A degree could mean two, four, or even eight years of study. A SMART goal would be, "I want to earn a bachelor's degree by age 24."

A

Ambitious and achievable: Make sure your goals are reasonable. If you set a goal that is too high, you might get discouraged and give up. If your goal isn't challenging enough, you could miss out on a sense of achievement when you complete it. Decide what stands between you and your goal and what information and help you will need. Allow plenty of time to get information and overcome any challenges.

R

Relevant: SMART goals are those that are important to you. It is easy to let other people set goals for you based on what they want you to do. But goals set by others can be difficult to reach because your heart isn't in it.

T

Tailored: Your interests change as you grow older. Goals that fit you now may not suit you later. Don't be afraid to change your mind or make mistakes. You may want to adjust your goals because your life and interests change.

Example of a SMART Goal

Miss Eisenberg's Career Goal: School Counselor

- **S (specific)**: I want to get my Master's degree in School Counseling.
- **M (measurable)**: I want finish my degree by the time I am 25 years old.
- **A (ambitious and achievable)**: This is achievable because I am enrolled in a Master's degree School Counseling program at UConn, I am 23 years old, and I will graduate in 2015. It is ambitious because it will take a lot of hard work to become a certified school counselor.
- **R (relevant)**: This is relevant to me because I made the career decision to go to school to become a school counselor on my own and I am passionate about my career choice.
- **T (tailored)**: I will revisit this goal after I have become a certified school counselor and set a new career goal.



If your goals are the things you want

to accomplish, then your plans are the map that will get you there. Goals and plans work together to help you stay on track and reach your dreams.

You could try to plan completely on your own, but it's a lot easier to include family, friends, teachers, and counselors. They can often point out things you should include in your plans or challenges you can expect along the way. Use your family and school resources to help you make good plans.